

Chapter 5

EDUCATION



THE NATIONAL ASSOCIATION OF VETERANS UPWARD BOUND PROJECT

The National Association of Veterans Upward Bound Project Personnel (NAVUBPP) is the professional association for Veterans Upward Bound (VUB) staff personnel. Veterans Upward Bound projects, supported by NAVUBPP are dedicated to fully developing the personal potential of all U.S. military veterans just as NAVUBPP is dedicated to fully developing professional staff members who work with VUB's veterans. VUB Staff and instructors assist veterans by developing, improving, and extending educational access and opportunities to eligible veterans through academic needs assessment, instruction, enrichment, and other academic support activities. Veterans Upward Bound projects are funded by the U. S. Department of Education and serve eligible veterans across the nation.

Communication and cooperative effort with schools, communities, agencies and other organizations at the local, state, regional, and national level are among the other primary functions of NAVUBPP...which also seeks to improve services and educational opportunities for veterans by serving as a forum for exchange of knowledge and ideas. NAVUBPP provides for continuing professional development of VUB staff members, and serves as a network of communication for information related to quality delivery of veterans' services. NAVUBPP also encourages professional research and publication, as well as cooperative effort with other organizations committed to serving veterans and addressing veterans' issues.

44 Veterans Upward Bound projects are currently funded across the U.S., Puerto Rico and Guam. An annual conference with emphasis on professional development of individual members and VUB project staff is the Association's highlight activity each year.

Program Information for Veterans Upward Bound (VUB)

Veterans Upward Bound (VUB) is a free U.S. Department of Education program designed to help eligible U.S. military veterans refresh their academic skills so that they can successfully complete the postsecondary school of their choosing.

Eligibility - In order to be eligible for participation in a VUB program an individual must be a low-income and/or first-generation college (meaning that neither of your parents have a four-year college degree) student, having served at least 180 days of active federal service, and have a discharge that is OTHER than dishonorable.

Currently, there are 44 VUB programs nationwide and in Puerto Rico and Guam ready to serve veterans. Here are some of the areas in which VUB programs can help you:

Academics - Mathematics, foreign language, composition, laboratory science, reading, literature, computer basics and instruction in other subjects as necessary for academic success in education beyond high school; Instruction designed to prepare veterans participating in the project for careers in which persons from disadvantaged backgrounds are particularly underrepresented; Tutorial and study skills assistance.

Other services - Intensive basic skills development in those academic subjects required for successful completion of a high school equivalency program

and/or admission to postsecondary education programs; Short-term remedial or refresher classes for veterans who are high school graduates but have delayed pursuing a postsecondary school education; Assistance with applications to the postsecondary school of choice; Assistance with applying for financial aid; Personal Counseling; Academic advice and assistance; Activities designed to acquaint veterans participating in the project with the range of career options available to them; Assistance in securing veterans services from other locally available resources; Exposure to cultural events, academic programs, and other educational activities not usually available to disadvantaged people.

There are a variety of Veterans Upward Bound programs around the country that serve U.S. military veterans.

If you want to go back to school, but it's been a few years since you've been in a classroom setting, or if you could use a free refresher program, contact a VUB program near you. :

University of Pennsylvania
Philadelphia, PA 19104-6184
(215) 898-6892

Delaware State University VUB
Dover, DE 19901
(302) 857-6135

Bluefield State College VUB
Bluefield, WV 24701
(304) 327-4288

Davis & Elkins College VUB
Elkins, WV 26241-3996
(800) 624-3157 Ext. 1389

Non NAVUBPP States:

Alaska
Connecticut
Georgia
Hawaii
Idaho
Iowa
Maine
Maryland

Mississippi
New Hampshire
New Jersey
New Mexico
New York
North Carolina
Oregon

Rhode Island
South Carolina
South Dakota
Vermont
Virginia
Washington
Wyoming

*Above source directly from: <http://www.navub.org/aboutus.htm>;
http://www.navub.org/navubprograms/non_navubprograms.htm

BRIGHT FUTURES

Bright Futures is a program designed for individuals who, in their mental health recovery journey, are seeking to pursue educational and employment goals.

What is the course overview?

- Career assessment
- Career exploration
- MH Resources and Community Resources/Accommodations-Peer Specialist
- Time management and study skills
- Communicating effectively
- Putting your best foot forward
- Shared ownership and personal responsibility
- DCCC career and counseling òMeet and Greetö tour
- Managing stress for a healthy job search and application process
- Resumes and cover letters
- The culture of the workplace
- Communicating with your supervisor
- Conflict resolution
- Where do we go from here?
- Certificate award celebration

Who can participate? The Bright Futures program is open to any resident of Chester County who is in mental health recovery. This includes people who participate in services offered by the Chester County Department of Mental Health/Mental Retardation, as well as any person who has been diagnosed with a mental health issue. (Preference is given to those individuals who are involved in publicly funded mental health services).

What does it cost? There is no financial cost to participants for the classes or materials. Bright Futures is funded by the Chester County Department of Mental Health/Mental Retardation. Costs: school supplies/school book (minimal)

Sponsored by: Chester County Department of Mental Health/Mental Retardation in collaboration with Delaware County Community College.

How does someone apply to *Bright Futures*? Please complete application form ó veteran must complete his/her own application. Must complete application FULLY and meet eligibility requirements (see attachment). Total number of applicants selected: 15, open to any resident of Chester County.

Please contact one of the following for more information:

Elizabeth Herbert, Career Specialist
Carelink Community Support Services
Community Crossroads Peer Support Center
529 East Gay Street
West Chester, PA 19382
Phone: (610) 626-6442

Dawn Altemus, Special Projects Coordinator
Horizon House, Inc.
Community Crossroads Peer Support Center
529 East Gay Street
West Chester, PA 19382
Phone: (610) 429-1702

Elissa Llorens, Clubhouse Coordinator
Holcomb Behavioral Health Systems
Cornerstone Clubhouse
224 Hall Street
Phoenixville, PA 19460
Phone: (610) 935-2290

When? Bright Futures classes are scheduled for nine consecutive weeks, two days per week. Classes are from 10:00 AM to 12:00 Noon. If interested, please be prepared to commit to the class schedule and work. There will also be a peer specialist available before and during class for additional support. Nine consecutive week course & upcoming classes will be offered.

Where? Primarily at the Government Service Center @ 601 Westtown Road, West Chester and one course at Delaware County Community College (main class)

POWER

The Partnership on Work Enrichment and Readiness

An innovative program of the human services program & department of workforce development & continuing education at Montgomery County Community College for consumers of mental health services

The Partnership on Work Enrichment and Readiness ó POWER ó is a program at Montgomery County Community College. In the spirit of the mental health recovery model, POWER will introduce consumers to college campus community life, develop vocational potential, and assist in exploring potential educational and career paths. The program and classes will be held at Montgomery County Community College's Blue Bell campus. This is a 14 week program with a Tuesday and Thursday schedule of afternoon classes, each class is 2 hours in length.

Twice a week, students will attend a variety of classes. With the assistance of POWERø Student Advisor, they will also design their own individualized career and educational plan. Students will be evaluated on their work and receive feedback from their instructors. The POWER Advisor will assist students in tracking their progress, modifying their educational and career plans, and troubleshooting any issues that might arise.

Some of the classes will include (but are not limited to):

- Career Self-Assessment --- The College Experience --- Job Search Skills
- Effective Communication --- Study Skills --- Time Management
- Balancing School, Work & Life --- Computer Skills for the Workplace

In addition to the classes and education, students will have their own career and educational plan to help focus their future activities in regards to work and college. The classes have the potential to provide a transition for interested students to go on to credit coursework at community college. All students will receive CEU credits and certificates for the courses they complete. The CEU credits can be converted into academic credits for those students who decide to matriculate into the Human Services Program at Montgomery County Community College.

There is no cost to students. Montgomery County Office of Mental Health and some private foundations are generously providing grants to support the program.

There is a brief application which should be completed and returned. Please contact Lori Schreiber, POWERø Community Liaison at 215-517-7502 or lschreib@mc3.edu for more information.

